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June 2010

Quick Links

With the Arrival of Summer

Namaste Laura,

A huge congratulations to all of our amazing recent Yoga Teacher Training graduates! Keep an eye out for many creative new class ideas at the studio.

June is the last month before HST takes full effect so it's a good time to purchase any equipment and take advantage of our June Flex Pass sale. See details below.

We would love to see you in our classes and workshops this June!

Om Hraum Mitraya,
Laura

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Bring a Friend for Free

When you purchase either a one month, a three month or a six month unlimited membership, you will receive one free pass to bring a friend to any class! Ask our front desk about our Bring a Friend for Free passes.

June Flex Pass Special

Stock up on your clip cards before HST fully sets in July 1st! In addition to saving on HST we will also be offering a 10% discount on our 10 Flex Pass.

Find more information [here](#).

Yoga Teacher Training Bonus

Be one of the first ten to sign up for any of the Yoga Teacher Training programs and receive an extra month of unlimited yoga!

Find more information [here](#).

Schedule Changes

New Classes

Yoga for Runners Tuesday 8:30 - 9:45 pm
Taught by: Jacquie Beginning June 8th

Yin Yoga Wednesday 10:00 - 11:15 am
Taught by: Jacquie Beginning June 9th

Removal of Classes

During the Summer we will not be running the following classes:

Thursday	4:00 pm	Pilates Level 2
Wednesday	4:00 pm	Yoga for Kids

Find the rest of the schedule [here](#).

Community Classes for June 2010

These classes are taught on a volunteer basis. Proceeds go to a variety of charities. For the month of June, we will be featuring the following classes:

Mondays 12:00 - 1:15pm:

June 7	Mindfulness Yoga	Taught by: Dori
June 14	Yogilates Level II	Taught by: Paula
June 21	Yin Yoga	Taught by: Trish

Find the rest of the schedule [here](#).

Making Seasonal Masalas

Learn to blend Ayurvedic masala (a mixture of spices) in the Wise Earth Tradition with Kimberly Loeb. More than just an accent to foods, masala invigorates the digestive fluids and strengthens the life force, rejuvenating body, mind and spirit. In this class, we will make two seasonal masalas while learning about the philosophy and practice of Sadhana (the art of inviting spiritual practice into everyday life) through Vedic mantras, mudras and cooking techniques. Tea will be served. Take-home mantra CDs, recipes and samples will be provided.

Date: Saturday, June 26th
Time: 6:00pm - 8:30pm
Location: 127 - 2745 Veterans Memorial Parkway
Contact: [email](#) or phone (250) 474-6935
Registration: please pre-register with our desk staff by June 21st
Cost: \$35.00

Find more information [here](#).

Meditaton for Kids Workshop

Let your child gently explore the world of Meditation! There are many benefits to Meditation for Kids, your child will learn to:

- Turn a chaotic situation into a peaceful moment
- Enhance intuitive abilities and creative visualization skills
- Find understanding of feelings and relationships
- Develop techniques for long restful sleep

This workshop is for Children ages 5 to 14.

Date: Tuesday, June 15th

Time: 4:00pm - 5:00pm

Location: 127 - 2745 Veterans Memorial Parkway

Registration: Contact Feel Good Yoga and Pilates to Register

Contact: [email](#) or phone (250) 474-6935

Cost: \$10 per Child

Find more information [here](#).

Karma Exchange

We are currently looking for people who would like to work either at our front desk or clean the studio in exchange for yoga classes! We are particularly looking to fill a front desk shift Mondays from 9:00am - 12:00pm, and a cleaning shift on Thursday afternoons. Please contact our studio managers for more information at Info@FeelGoodYogaVictoria.com.



Web: www.FeelGoodYogaVictoria.com | Email: info@FeelGoodYogaVictoria.com | Phone: (250) 474-6935

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